

Depression and anxiety

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OBJECTIVE AND SCOPE

- What is depression and anxiety.
- Affects of Depression anxiety.
- Types of Depression and anxiety.
- How to Cope and overcome depression and anxiety?

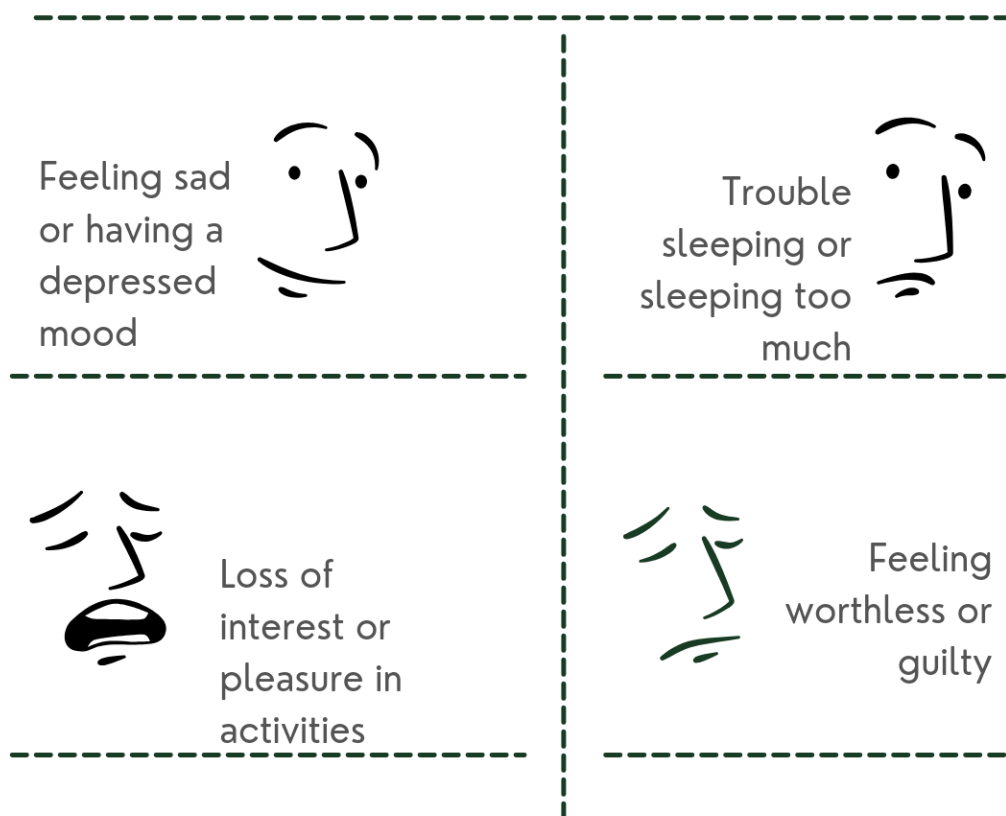
What is depression and anxiety?

Everyone experience stress at one time or another. Stress is an event when you view yourself out of your control. It not only destroys your mood but also make you to over think.

When people cope with stressful situation is stress become depression and anxiety.

Anxiety and depression are types of mood disorders,it is a condition when people feel sadness,hopeless or worry . According to world health organisation, this illness affect 10% of world population every year.

Affects of Depression and anxiety



Common Types of anxiety

- **Specific phobia**

It is an intense fear of something that poses no danger ,such as flying or height phobia

- **Social anxiety disorders.**

This is a type of fear of something in Social situation such as giving a presentation may cause that feeling of butterflies in your stomach.

- **Generalised anxiety disorders .**

Worrying on small things such as you may feel intense worry about your safety or that of your loved ones.

- **Panic disorders.**

This is an abrupt surge of intense fear or discomfort such as if a person is driving home from work one day and is caught in traffic. He suddenly noticed that his heart is beginning to race. He then felt short of breath, and tightness in his chest.

Common Types of Depression

- **Major depressive disorders .**

This is a depressed mode that last is for two-week periods this could occur as single or recurrent event.

- **Persistent depressive disorders.**

This is a depressed mood that occurs almost everyday for atleast two years or three years

- **Social depression.**

social depression can be characterized by intense fear of social interaction and often associated with social avoidance and impairments.

How to Cope and overcome depression and anxiety?

01

Identify your stressors:

The first step to reducing stress is to identify what is causing it. This can be anything from work, to relationships, to money troubles. Once you know what is stressing you out, you can start to deal with it.



02

Involve in physical activities

This may makes you to be busy which cause you to not to overthink



03

Seek help:

If you're struggling to cope with stress on your own, don't be afraid to seek out professional help. A therapist can help you learn how to deal with stress in a healthy way.



04

Practice relaxation:

There are many different ways to relax, such as yoga, meditation, and deep breathing. Find a method that works for you and make sure to practice it regularly.



05

take enough sleep

Taking a good sleep make you calm and it also fresh your mind.



Conclusion

It is important for all of us to address not only our Physical health but also are mental health. we need to learn to control our thoughts and focus on the positive aspects of a situation. problems come in everyone's life but we need to prepare ourself both mentally and physically so that when there will be a problem we will be ready to cope strongly with it.

**Thank you for giving your
attention.**